

# Ratatouille

4 servings

2 Tb olive oil

1 medium onion chopped

3 cloves garlic minced

1 eggplant cubed

1 zucchini cubed

1 yellow squash cubed

Celtic sea salt

Fresh Pepper

1 yellow or red bell peppers, ribs and seeds removed cubed

½ cup black olives, pitted and sliced

4 large tomatoes diced

1 tsp dried thyme or 2 tsp dried thyme

1/3 cup chopped fresh basil

1 Tb flavorful extra virgin olive oil

1 Tb apple cider vinegar

- In a Dutch oven oil over medium low. Add onions, cook stirring occasionally, until soft about 5 minutes
- Add garlic, cook until fragrant, about 1 minute
- Stir in eggplant cook 3-4 minutes, If the pan is dry sprinkle a little water into the pan.
- Add zucchini and squash season with salt and pepper
- Add ½ cup water, cover and simmer until vegetables begin to soften, about 5 minutes
- Stir in bell peppers and simmer covered until softened about 5 minutes
- Stir in tomatoes and thyme and bring to a boil.
- Reduce heat to medium-low, partially cover and simmer until vegetables are tender, 15-20 minutes
- Remove from heat, stir in basil, olive oil and apple cider vinegar. Taste for salt and serve

## **A few more things...**

Add cooked white beans if you want more protein. Buy organic beans in a BPA free can. Eden Organic is a good brand.